



ART OF COACHING PODCAST™ EPISODE 332:
HOW TO ARGUE WITH PEOPLE WHO DEFLECT AND CHANGE THE CONVERSATION

List the reasons why people use deflection or other misleading tactics. What are the consequences for using them? Is there ever an instance where they result in a positive outcome?

When was the last time you were in an argument where the other person used a deflection or gaslighting tactic? What was the nature of your relationship with the other person? What was the topic that evoked that response?

How did you respond during the argument? If you could go back in time, what would you do differently?



Conduct a self assessment. Is there anything about you, whether it's an insecurity or bias, that causes you to use similar tactics? What inner turmoil do you need to account for so it doesn't result in outward conflict?

What strategies can you use to keep the discussion on topic if/when someone uses these types of misleading tactics on you in the future?

Script out a minimum of 3 responses you can give if you are caught off guard or overwhelmed by an argument that can buy you time to craft a response or turn the temperature of the argument down.



Art of Coaching Podcast™

ABOUT



Join us as we dive more deeply into what it takes to change attitudes, outcomes & behaviors across a variety of world-class environments. Our guests include a wide range of professionals ranging from coaching, law enforcement, scientists, managers, military and entrepreneurs.

While I may originally be a strength and conditioning coach by trade- my work now spans across the corporate realm, military setting and beyond. If you work with people in any capacity and are fascinated by what makes them tick, this show is for you!

Each episode is packed with tactical insights as we prioritize providing you with key take-aways, instead mass produced "surface level" advice. Expect to be challenged, expect to be surprised and expect to maybe find a few laughs along the way as well.



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